

FREQUENTLY ASKED QUESTIONS

What is this place anyway?

SOL GYM is a private gym where personal fitness trainers work with clients on custom exercise programs. All the workouts are done with a personal trainer, which means you have an expert “training partner” to keep the workout effective and motivating. Our private gym is uncrowded and clean. And you can choose the music you want!



Why does it appear closed so much?

Each client has an appointment, so the gym is open only when clients are here. You'll often see us in the gym in the morning and late afternoon, but we can meet clients at any time. Otherwise, we're working at clients' homes.

How much does it cost?

Training sessions are available as a single appointment and as “packages.” You pay the lowest fee for a packages. There are no monthly fees and no memberships required.

Can I get in shape again?

Yes, you can get in shape. That part is easy. You need to spend enough hours each week exercising and watch what you eat. That part is harder for most people. That's why a personal trainer can really help you.

How long before I get in shape?

If you exercise 2 to 3 days per week, at an intensity level that is challenging but not painful, then you can feel and see changes in about 4 weeks. Your trainer will discuss a timeline with you during the initial assessment.

Meet Your Head Trainers



Lori Chaplin has been a personal trainer for over 10 years, and she loves the challenge of helping people improve their fitness levels. Her repertoire of exercises from both the coaching and adaptive physical education fields means she can design a program just for you. Plus, a dynamic personality keeps you motivated and engaged in the sport of life.

With a masters degree in exercise physiology and a bachelors in athletic training/exercise physiology, Lori teaches at Grossmont College in San Diego. In addition, she speaks at national conferences and is a contributing editor for Personal Trainer magazine. She is certified as a Strength and Conditioning Specialist by the National Strength and Conditioning Association, as an Exercise Scientist by California State University, Chico, and as a Post-Rehabilitation Specialist by the American Academy of Health & Fitness Professionals. Before founding SOL GYM, Lori was the head strength and conditioning coach at University of San Francisco.



Mike Chaplin has worked in sports medicine for 25 years, focusing on conditioning and injury prevention. His multidisciplinary approach to exercise comes from the experience gained by managing wellness for athletes in many sports, from professional and Olympic competitors to high school teams. Mike enjoys applying that sports conditioning knowledge to the physical challenges of everyday people. He has the education and experience for a special level of personal training.

Mike earned a masters degree in exercise physiology/adaptive physical education and a bachelor's degree in sports medicine/athletic training from California State University, Chico. He is certified by California State University Chico as an exercise specialist, by the National Athletic Trainers Association and the National Strength and Conditioning Association. For 18 years Mike has managed intercollegiate injuries at the University of California at Berkeley. He serves as a consultant for health, medical and fitness companies.



Make an Appointment Today!

Jump start your exercise program to get more out of life.

SOL GYM

Personal Training for the Sport Of Life

By Appointment
(415) 334-7697 in San Francisco
(619) 295-6900 in San Diego
www.SOLGYM.com

SOL GYM

Personal Training for the Sport Of Life

By Appointment
(415) 334-7697 in San Francisco
(619) 295-6900 in San Diego
www.SOLGYM.com



Feel Better, Get in Shape

What do you want to do? Run after the grandkids or run a 10K? Lose a little weight or gain a little muscle? You can accomplish these goals—and others you haven't thought of yet—working with a qualified personal trainer. Your trainer has invested the time and energy in studying exercise science so you don't have to.

As a client at SOL GYM, your health and fitness goals are the top priority. In our private gym, you can concentrate on meeting those goals—or simply feeling better. Our trainers are here to guide you.

What Expertise Do You Want?

SOL GYM trainers use a multidisciplinary approach to designing exercise programs. Their innovative approaches allow them to create success for many needs.

- Pre- and post-rehabilitation for orthopedic conditions
- Childhood obesity and weight management
- Physical fitness for kids
- Pre- and post-natal fitness
- Osteopenia and osteoporosis
- Medical conditions such as diabetes and hypertension
- Physical disabilities
- Postural screening and body mechanics
- Athletic sports conditioning
- Athletic training and sports medicine
- Back injury prevention and post-rehabilitation
- Neck and upper extremity injury prevention and post-rehabilitation

Your Personal Expert

SOL GYM will assign a trainer qualified to work with your special need, whether that's working around arthritis or an injury, or aiming for more muscle and less fat. SOL GYM's trainers hold masters degrees and/or bachelor degrees in related fields, high level certifications, and enjoy making your exercise hour a combination of fitness and fun.

What Is Your Time Worth?

Make the most of your time to make the most of your life. You get a routine custom made just for you. Safe, efficient, effective—all in only one hour.

You'll see progress much more quickly, and avoid dead ends and potential injury. Your SOL GYM trainer becomes your partner—helping you along, keeping you on track, sharing a laugh and a new exercise. Motivation is our specialty.

Plus, your trainer is constantly re-engineering your program to meet those new goals. Like joining your friends for that charity walk. Or walking up Mount Fuji.

What Can Training Do for You?

- Decrease body fat
- Increase lean muscle
- Decrease risk of disease
- Increase energy and stamina
- Decrease symptoms of repetitive stress injuries
- Increase functional strength
- Reduce injury recurrence
- Increase sports performance
- Relieve lower back pain
- Improve posture
- Reduce stress
- Encourage an overall better attitude

SOL GYM

Personal Training for the Sport Of Life

By Appointment
(415) 334-7697 in San Francisco
(619) 295-6900 in San Diego
www.SOLGYM.com



Meet the Clients

“When I saw the sign for SOL GYM, I visited the web site and then called. I just wasn't making it to the health club and I was scared of osteoporosis. What a difference a year makes! I've gained the muscle I wanted and a lot of core conditioning (abdominals and back) has really helped my low back pain. I feel better and lost some weight. Much better than when I tried on my own.”

Pat

“I had my 2nd hip replacement at age 34. I called SOL GYM five months after my surgery and explained my situation and I felt encouraged by their plan and professionalism. I had atrophy, pain and a limp. Now, 4-1/2 months later I have no hip pain or limp and my life outlook is great.”

Terie

“Because of being in an office all day, I just wasn't looking as good as I wanted to. I wanted more muscle and more energy. That's what I got at SOL GYM. Results. My trainer added a lot of exercises that don't need equipment so I can keep exercising on the road. And when that e-mail comes asking me how I'm doing, I stop and actually do those exercises.”

Dennis

“I play professional Rugby for the United States. When I started coming to SOL GYM, I was two weeks out from my 2nd right shoulder reconstruction in a year with a bleak prognosis of a 6 month minimum recovery time and recommended to take 8-10 months off before playing rugby again. 3 days short of 4 months I was cleared by my surgeon to resume international play and I could not have done it without the expertise of Mike Chaplin at SOL GYM. I drove 40 miles 3 days a week to work out with Mike and it was well worth it. Mike's expertise and knowledge is exceptional and unparalleled. I highly recommend SOL GYM to any one wanting to take their physical fitness to the next level.”

Shaun